



The Impact of Alcohol use on Youth: An Expert Explains

Recent figures from the National Survey on Drug Use and Health showed that while overall illicit drug use among youth 12 to 17 was at a five-year low, underage drinking among ages 12 to 20 remained unacceptably high at 28 percent. Even more concerning is the rate of binge drinking among this age group—19 percent or 7.2 million youth. What does this mean for our youth? How does it impact their lives? Here, Dr. Dennis Twombly, Program Director with the Division of Neuroscience and Behavior at the National Institute on Alcohol Abuse and Alcoholism (NIAAA), answers those questions and explains why underage drinking should be a priority for the prevention field . [Click here for the full story](#)



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For more information on Youth Development [click Here](#).

Parents: Build your OWN Community!

In the wake of FaceBook, MySpace, texting, celebrity headlines, and thousands of other pop-culture influences, it might seem impossible to get your own parenting message across to your teen. But with the help of some like-minded parents, you can stand up to the teen community and uphold your own “parent community” standards.

In her latest column for the Parent Chronicles project, parenting expert Alison Birnbaum asks if we as parents are sending a strong enough message to our teens, ensuring that they understand and appreciate our values. She offers tips for banding together and communicating with our teens as a group with a purpose. [Click here](#) for the full story.



Want to know what is happening in each of the 6 HCTC communities? [Click Here](#)

FOCUS ON LINKING WITH OTHER COMMUNITY RESOURCES

When communities look at the issues and problems that threaten their well-being, they may not fully recognize the part that underage drinking may play in those problems. From litter to homicide, all communities face issues where alcohol plays a role. Being aware of how alcohol contributes to these problems, combining resources with existing organizations, and creating coalitions to fight them effectively is the prevention challenge for our times.

Facts

- ☑ Alcohol is a key factor in 33% of suicides, 50% of homicides, 62% of assaults, 68% of manslaughters, 50% of head injuries, and 41% of traffic fatalities. It also plays a large role in domestic abuse and injury, child abuse and neglect, and workplace injuries
- ☑ For youth, a higher drinking age is associated with fewer deaths due to suicide, pedestrian injuries, and other unintentional injuries

What To Do:

- ☑ Get involved in National Red Ribbon Week (Last Week in October)—this can involve implementing activities such as Safe Homes/Safe Parties, educating parents on emotional, social and physical development during adolescence and the effects underage drinking on development, providing parents with quizzes and skills about media and advertising, social norms and parent peer groups
- ☑ Put together a family and youth health fair: invite local agencies and organizations to provide information on local resources and educational activities and information